

# 8

## of the Best Foods to Eat for Lean Muscle



Hemp seed 30g  
10g Protien



salmon 3oz 28g  
protien



Nuts and seeds  
1 cup 27 g



Chicken 100g 27g  
prtotien



Lean beef 3 oz  
22g protein



3 eggs 18g protiens



1 scoop 20g protien



1 cup 20g  
protien

# The Lean Muscle Diet

**Rachel S Tattersall**



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